

From A(norexia) to Z(its): Providing Substance Use Health Information Programming to Tweens and Teens



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CONSUMER HEALTH COORDINATOR (NNLM MAR)

Agenda

Teen Health Issues and Drug Use

Substance Abuse Epidemic

Teen Health Resources

Substance Abuse Outreach and Programming

Teen Health Issues and Drug Use



Adolescent Health

Homicide

Suicide

Motor vehicle
crashes

Substance use
and abuse

Smoking

Sexually
transmitted
infections

Teen/unplanned
pregnancies

Homelessness

Youth Risk Behavior Survey

Alcohol Use

Cigarette Use

Drug Use

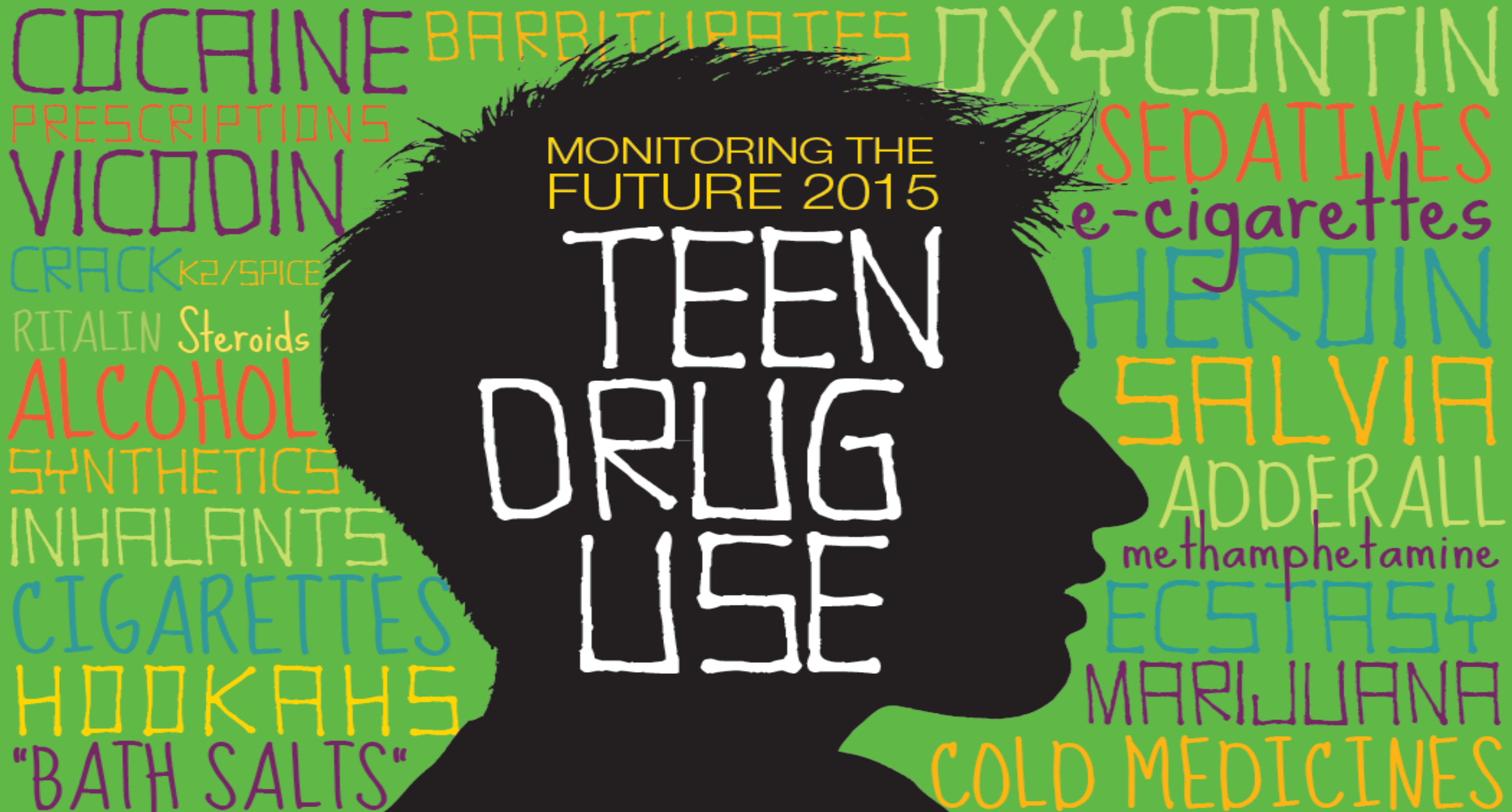
Sexual Behavior

Violence / Bullying / Suicide

Student Health

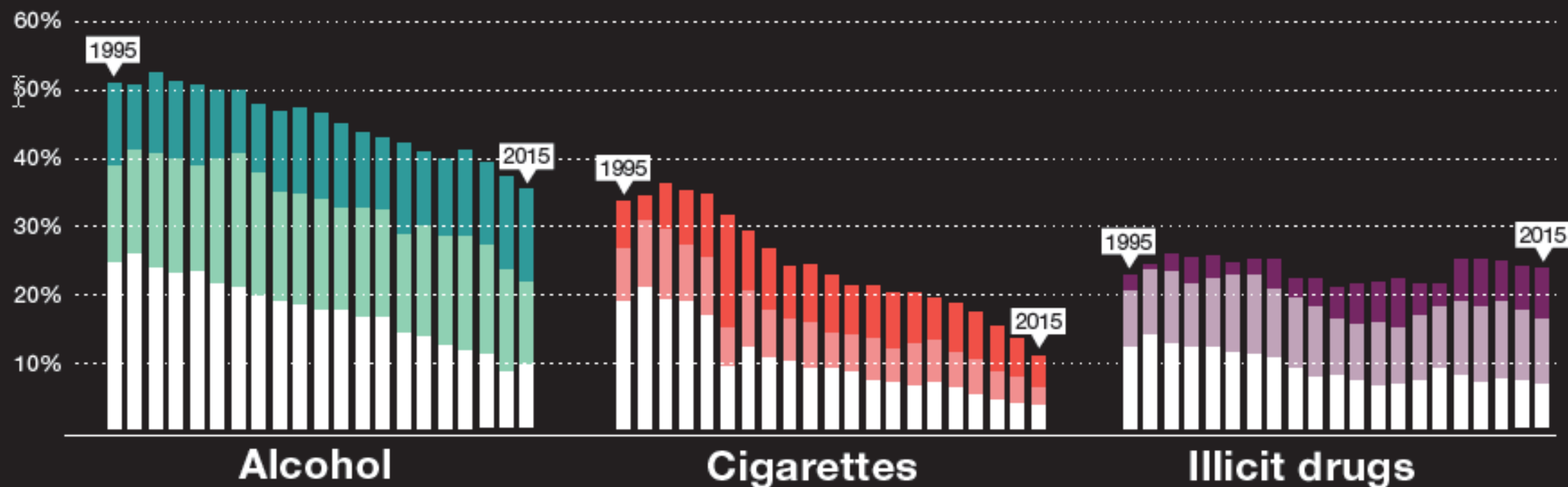
Vehicle Safety

[URL](#) to Youth Risk Behavior Surveillance System (YRBSS) from the CDC



LAST TWO DECADES OF ALCOHOL, CIGARETTE, AND ILLICIT DRUG USE*

*Past-month use



2015



35.3% OF 12TH GRADERS



21.5% OF 10TH GRADERS



9.7% OF 8TH GRADERS



11.4% OF 12TH GRADERS



6.3% OF 10TH GRADERS



3.6% OF 8TH GRADERS



23.6% OF 12TH GRADERS



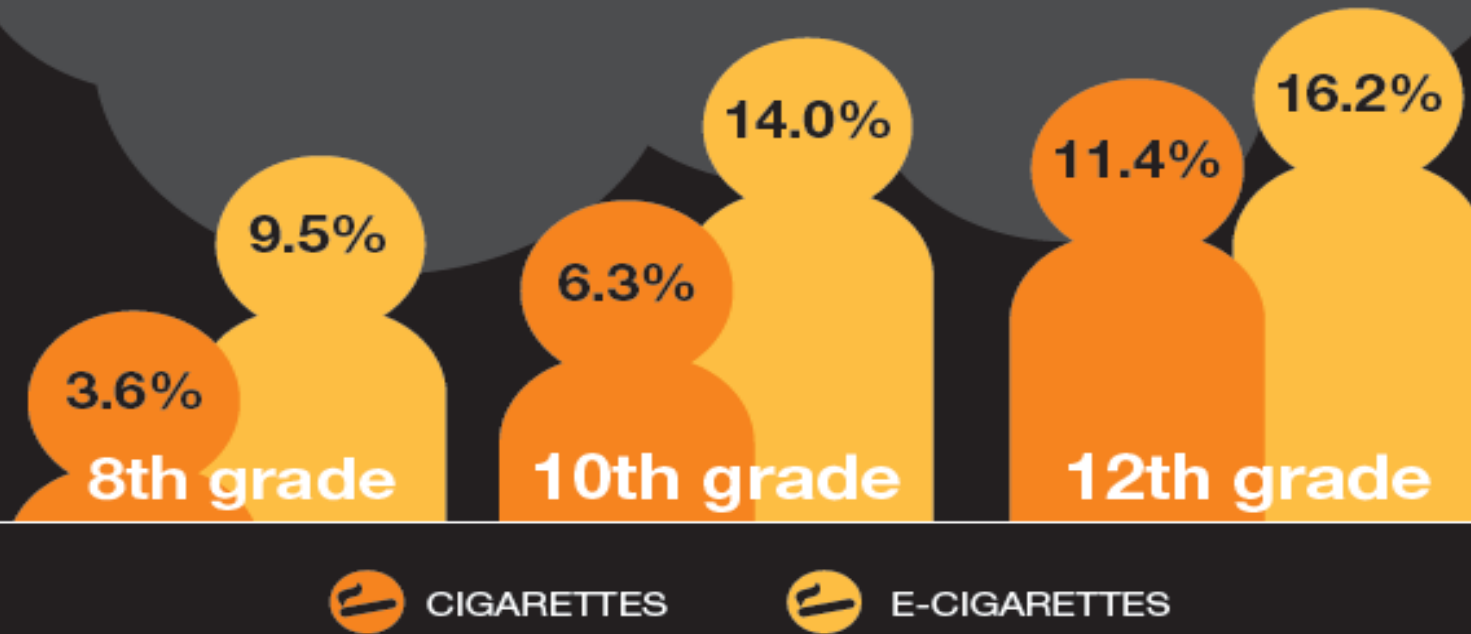
16.5% OF 10TH GRADERS



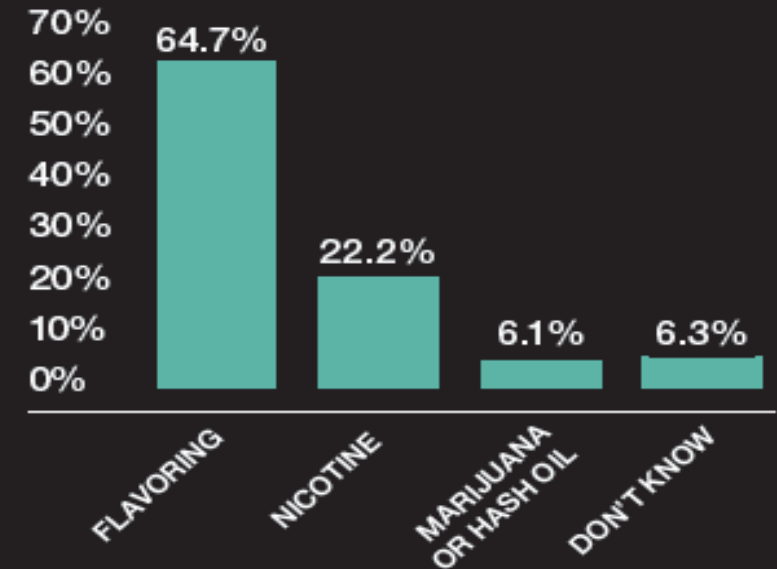
8.1% OF 8TH GRADERS

TEENS ARE MORE LIKELY TO USE E-CIGARETTES THAN CIGARETTES

*Past-month use

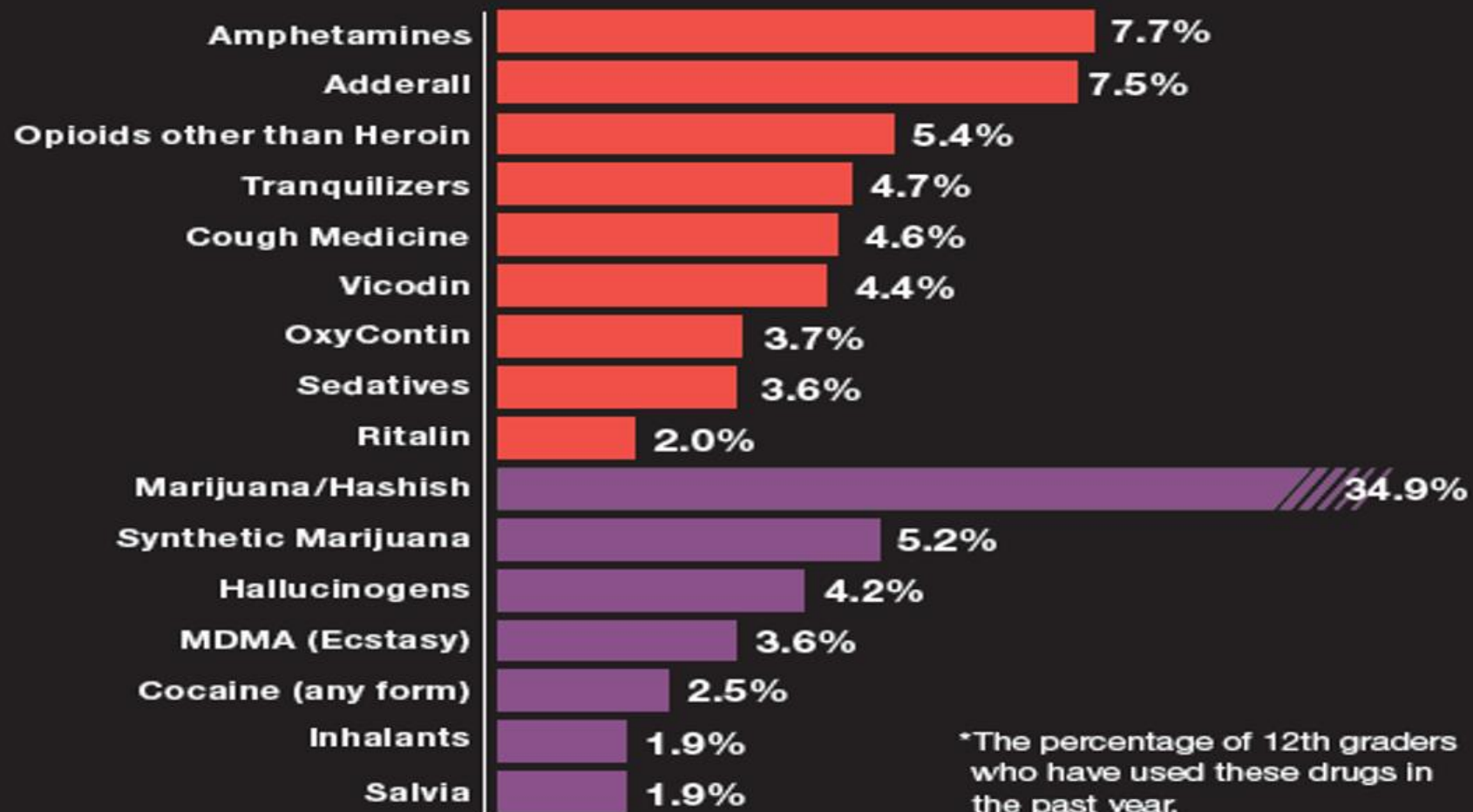


64.7% of 12th graders reported vaporizing “just flavoring” in their last e-cigarette; some didn’t know what they inhaled. E-cigs are unregulated so flavored liquid might actually contain nicotine.



68.1% OF HIGH SCHOOL SENIORS DO NOT VIEW REGULAR MARIJUANA SMOKING AS HARMFUL BUT 71% SAY THEY DISAPPROVE OF REGULAR MARIJUANA SMOKING.

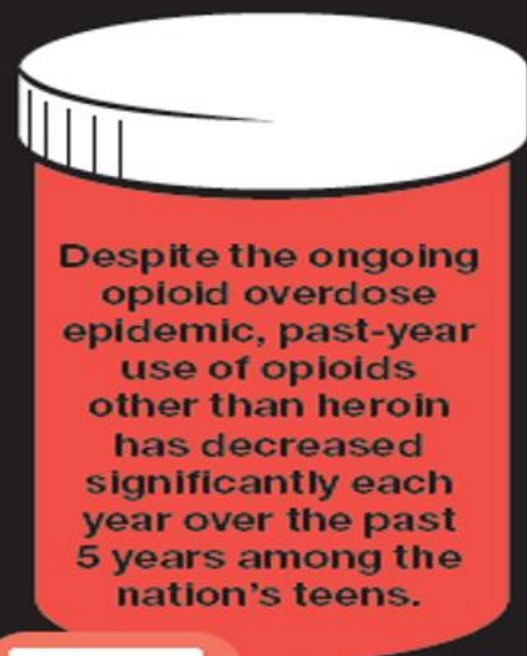
PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS*



PRESCRIPTION/OTC



ILLICIT DRUGS



Despite the ongoing opioid overdose epidemic, past-year use of opioids other than heroin has decreased significantly each year over the past 5 years among the nation's teens.

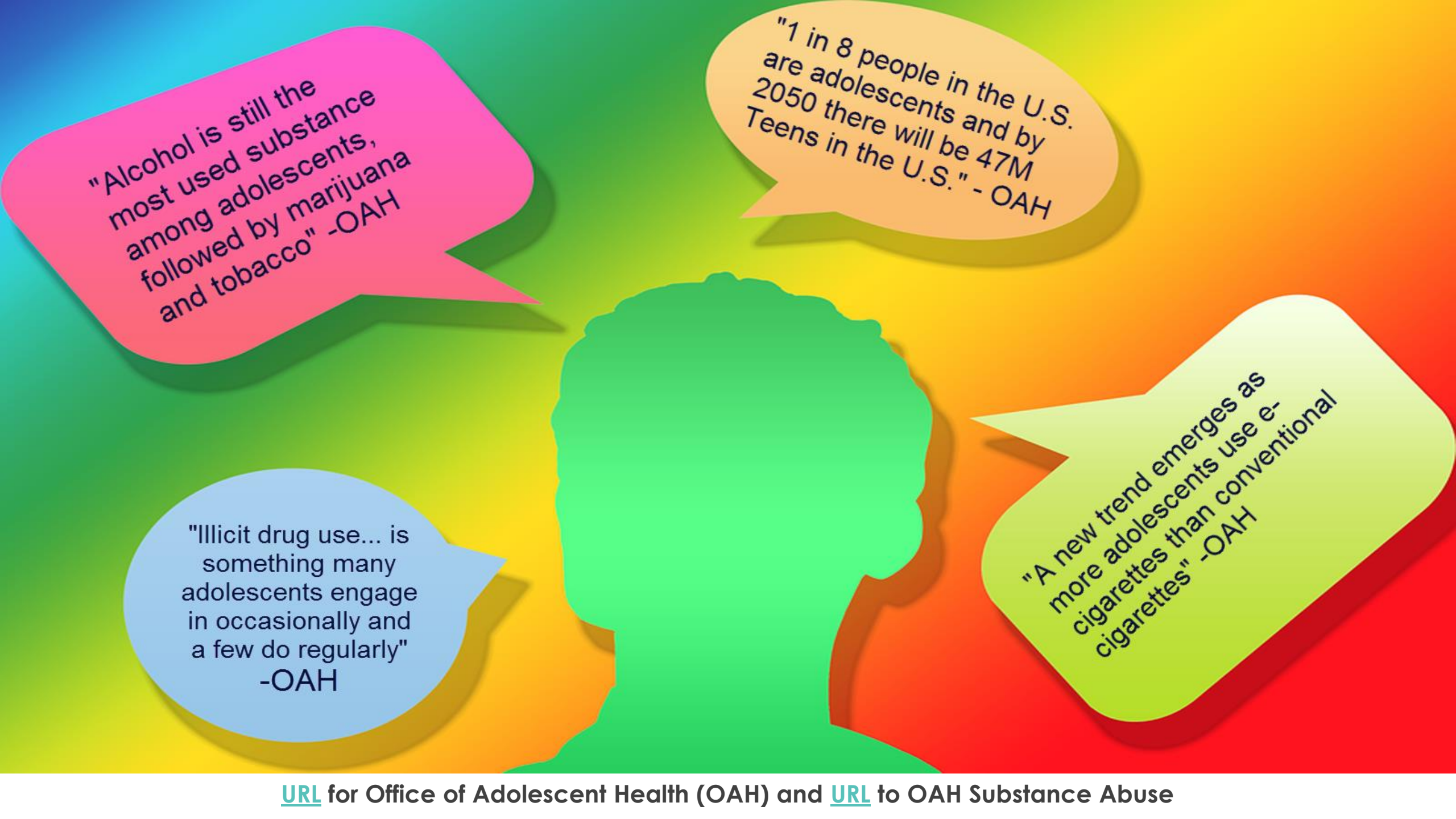


Heroin use has also decreased over the past 5 years and is at the lowest rate since the MTF survey began.



National Institute
on Drug Abuse

WWW.DRUGABUSE.GOV



"Alcohol is still the most used substance among adolescents, followed by marijuana and tobacco" -OAH

"1 in 8 people in the U.S. are adolescents and by 2050 there will be 47M Teens in the U.S." - OAH

"Illicit drug use... is something many adolescents engage in occasionally and a few do regularly" -OAH

"A new trend emerges as more adolescents use e-cigarettes than conventional cigarettes" -OAH

Substance Abuse Epidemic



“ We can never forget that the faces of substance use disorders are real people. How we respond to this crisis is a moral test for America. Are we a nation willing to take on an epidemic that is causing great human suffering and economic loss? Are we able to live up to that most fundamental obligation we have as human beings: to care for one another? ”

Vivek H. Murthy, M.D., M.B.A.

Vice Admiral, U.S. Public Health Service

Surgeon General (2014-2017)

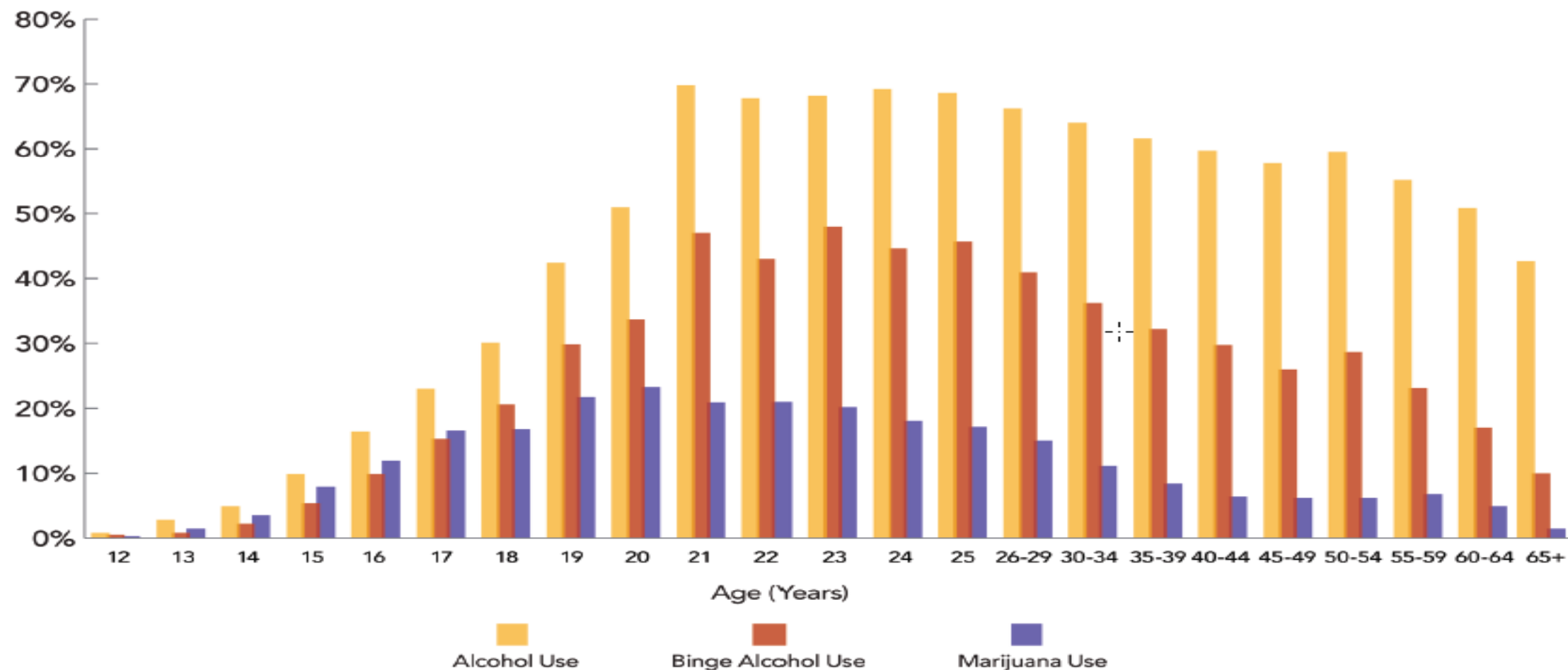


Table 3.1: Risk Factors for Adolescent and Young Adult Substance Use

Risk Factors	Definition	Adolescent Substance Use	Young Adult Substance Use
Individual/Peer			
Early initiation of substance use ^{46,47}	Engaging in alcohol or drug use at a young age.	✓	✓
Early and persistent problem behavior ^{48,49}	Emotional distress, aggressiveness, and "difficult" temperaments in adolescents.	✓	
Rebelliousness ^{48,50}	High tolerance for deviance and rebellious activities.	✓	✓
Favorable attitudes toward substance use ^{51,52}	Positive feelings towards alcohol or drug use, low perception of risk.	✓	✓
Peer substance use ⁵³⁻⁵⁵	Friends and peers who engage in alcohol or drug use.	✓	✓
Genetic predictors ⁵⁶	Genetic susceptibility to alcohol or drug use.	✓	✓
Family			
Family management problems (monitoring, rewards, etc.) ⁵⁷⁻⁶⁰	Poor management practices, including parents' failure to set clear expectations for children's behavior, failure to supervise and monitor children, and excessively severe, harsh, or inconsistent punishment.	✓	✓
Family conflict ⁶¹⁻⁶³	Conflict between parents or between parents and children, including abuse or neglect.	✓	✓
Favorable parental attitudes ^{64,65}	Parental attitudes that are favorable to drug use and parental approval of drinking and drug use.	✓	✓
Family history of substance misuse ^{66,67}	Persistent, progressive, and generalized substance use, misuse, and use disorders by family members.	✓	✓

[URL](#) to U.S. Surgeon General Facing Addiction in America

Figure 3.1: Past-Month Alcohol Use, Binge Alcohol Use, and Marijuana Use, by Age: Percentages, 2015 National Survey on Drug and Health (NSDUH)



Note: Binge alcohol use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.

Source: Center for Behavioral Health Statistics and Quality, (2016).²⁰

[URL](#) to U.S. Surgeon General Facing Addiction in America

Table 3.2: Protective Factors for Adolescent and Young Adult Substance Use

Protective Factors	Definition	Adolescent Substance Use	Young Adult Substance Use
Individual			
Social, emotional, behavioral, cognitive, and moral competence ^{87,88}	Interpersonal skills that help youth integrate feelings, thinking, and actions to achieve specific social and interpersonal goals.	✓	✓
Self-efficacy ^{89,90}	An individual's belief that they can modify, control, or abstain from substance use.	✓	✓
Spirituality ^{91,92}	Belief in a higher being, or involvement in spiritual practices or religious activities.	✓	✓
Resiliency ⁸⁸	An individual's capacity for adapting to change and stressful events in healthy and flexible ways.	✓	✓
Family, School, and Community			
Opportunities for positive social involvement ^{93,94}	Developmentally appropriate opportunities to be meaningfully involved with the family, school, or community.	✓	✓
Recognition for positive behavior ⁵¹	Parents, teachers, peers and community members providing recognition for effort and accomplishments to motivate individuals to engage in positive behaviors in the future.	✓	✓
Bonding ⁹⁵⁻⁹⁷	Attachment and commitment to, and positive communication with, family, schools, and communities.	✓	✓
Marriage or committed relationship ⁹⁸	Married or living with a partner in a committed relationship who does not misuse alcohol or drugs.		✓
Healthy beliefs and standards for behavior ^{51,99}	Family, school, and community norms that communicate clear and consistent expectations about not misusing alcohol and drugs.	✓	✓

Note: These tables present some of the key risk and protective factors related to adolescent and young adult substance initiation and misuse.

[URL](#) to U.S. Surgeon General Facing Addiction in America

“ Substance misuse is one of the critical public health problems of our time. The most recent data on substance use, misuse, and substance use disorders reveal that the problem is deepening and the consequences are becoming more deadly than ever. There is an urgent need to raise awareness about the issue. At the same time, we need to spread the word that substance misuse and addiction are solvable problems. We can, and must, inspire and catalyze action on this crisis. ”

Kana Enomoto

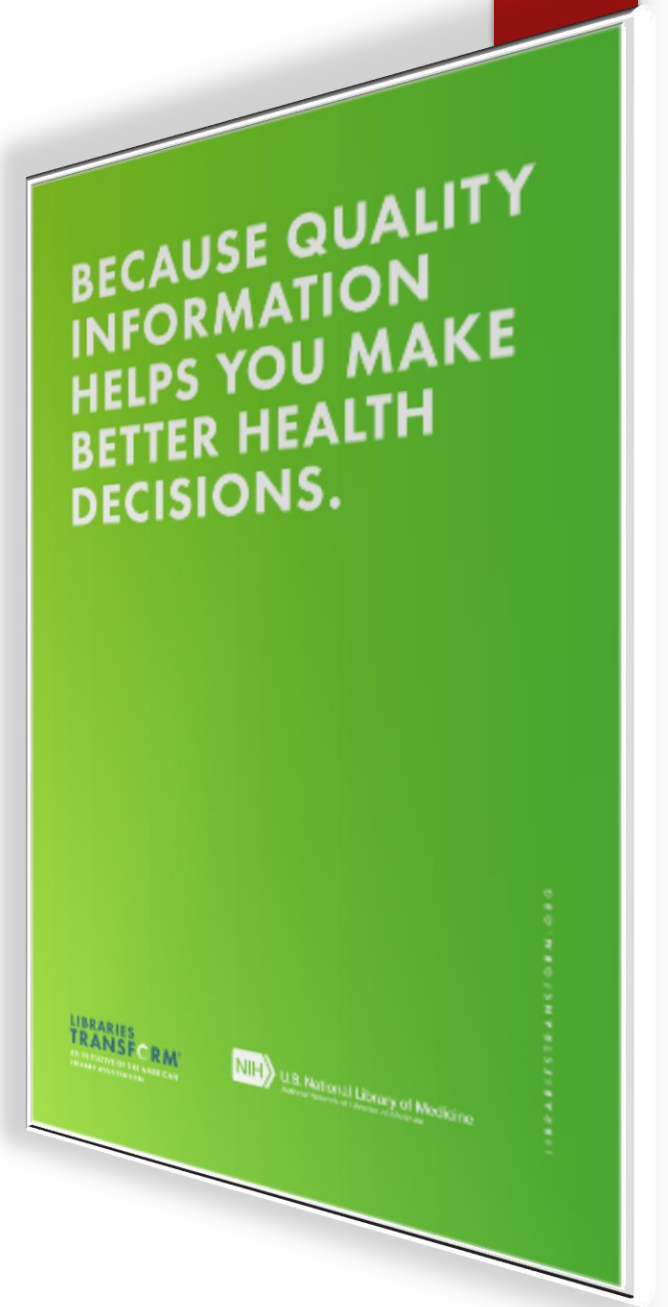
Acting Deputy Assistant Secretary

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services



Teen Health Resources



Health Topics

Drugs & Supplements

Videos & Tools

Español


Health Topics

Find information on health, wellness, disorders and conditions


Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements


Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes


Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

Medical Dictionary from Merriam-Webster

GO



Is there more to see in your family tree?
Glaucoma runs in families.

Learn more during
National Glaucoma
Awareness Month.

1

2

3

4


Today's Health News

[Blood Donors Needed After East Coast Storm: Red Cross](#)

[CDC Broadens Zika Virus Travel Alert for Pregnant Women](#)

[Parents Often Ill-Informed about Food-Allergy Emergencies](#)

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Clinical Trials

Search [ClinicalTrials.gov](#) for drug and treatment studies.

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Teen Health

Also called: Adolescent health

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Summary

As a teenager, you go through many changes. Your body is on its way to becoming its adult size. You may notice that you can't fit into your old shoes or that your jeans are now 3 inches too short. Along with these changes, you are probably becoming more independent and making more of your own choices. Some of the biggest choices you face are about your health.



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Drugs and Young People

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Summary

[Drug abuse](#) is a serious public health problem. It affects almost every community and family in some way. Drug abuse in children and teenagers may pose a greater hazard than in older people. This is because their brains are not yet fully developed. As a result, the brains of young people may be more susceptible to drug abuse and addiction than adult brains.

used drugs include



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Smoking and Youth

Also called: **Teen smoking**

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Summary

Smoking cigarettes has many health risks for everyone. However, the younger you are when you start smoking, the more problems it can cause. People who start smoking before the age of 21 have the hardest time quitting. Teens who smoke are also more likely to use alcohol and illegal drugs.

The problem is not just cigarettes. [Spit tobacco](#), [e-cigarettes](#), and cigars are not safe alternatives to cigarettes. Low-tar and ad-free tobacco products are safe either.



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Underage Drinking

Also called: Teenage drinking

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Summary

Alcohol is the most widely abused substance among America's youth. Drinking by young people has big health and safety risks. It is dangerous because it

- Causes many deaths and injuries
- Can lead to poor decisions about engaging in risky behavior, such as drinking and driving or



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[Risks of underage drinking](#)

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Teen Mental Health

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Research

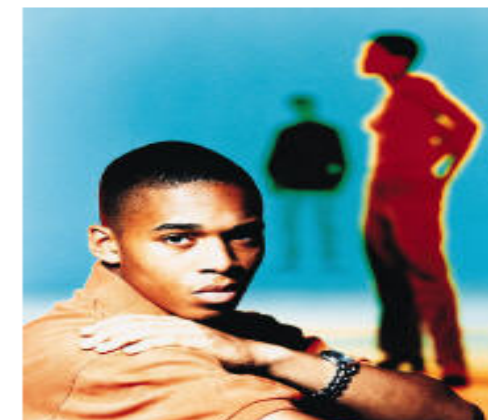
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Summary

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions. You can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs and symptoms of a mental health problem.

MedlinePlus Teen Health Topics

General Health and Wellness

- ▶ **Adolescent Development*
- ▶ Bullying
- ▶ Childhood Immunizations
- ▶ Diabetes in Children and Teens
- ▶ Gay, Lesbian, Bisexual and Transgender Health
- ▶ Internet Safety
- ▶ Learning Disorders
- ▶ Self Harm
- ▶ Sports Safety
- ▶ Teen Development
- ▶ Teen Violence

Substance Abuse

- ▶ Club Drugs
- ▶ Cocaine
- ▶ Cold and Cough Medicines
- ▶ **Drugs Signs and Teenagers*
- ▶ Inhalants
- ▶ Marijuana
- ▶ Methamphetamine
- ▶ Opioid Abuse and Addiction
- ▶ Prescription Drug Abuse
- ▶ **Toxicology Screen*

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Health Topics



Read about symptoms, causes, treatment and prevention for over 975 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

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Questions? Contact:



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Twitter Resources

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Students, Educators, and Health Professionals

Whether you work in a K-12 school, community, or faith-based organization providing after-school programming, NLM provides resources to help enrich your curriculum or program. As the world's largest medical library and a component of the National Institutes of Health, the National Library of Medicine ([NLM](#)) produces a variety of web-based resources for use by K-12 health and science educators.

This comprehensive guide serves as an online collection of resources and tools that are relevant to K-12 health and science topics. Educators are welcome to review and use the modules or lesson plans, in whole or in part, for their students' interests, levels and academic goals. These resources are designed to engage students' interest in, and foster their analysis of a variety of health and science related paths. If you would like to learn more about K-12 resources, or would like to explore training opportunities that are available through NNLM, please [contact us](#)! We are here to assist you in learning about the wealth of biomedical and health information available through the National Library of Medicine.

Selected Resources from the National Library of Medicine

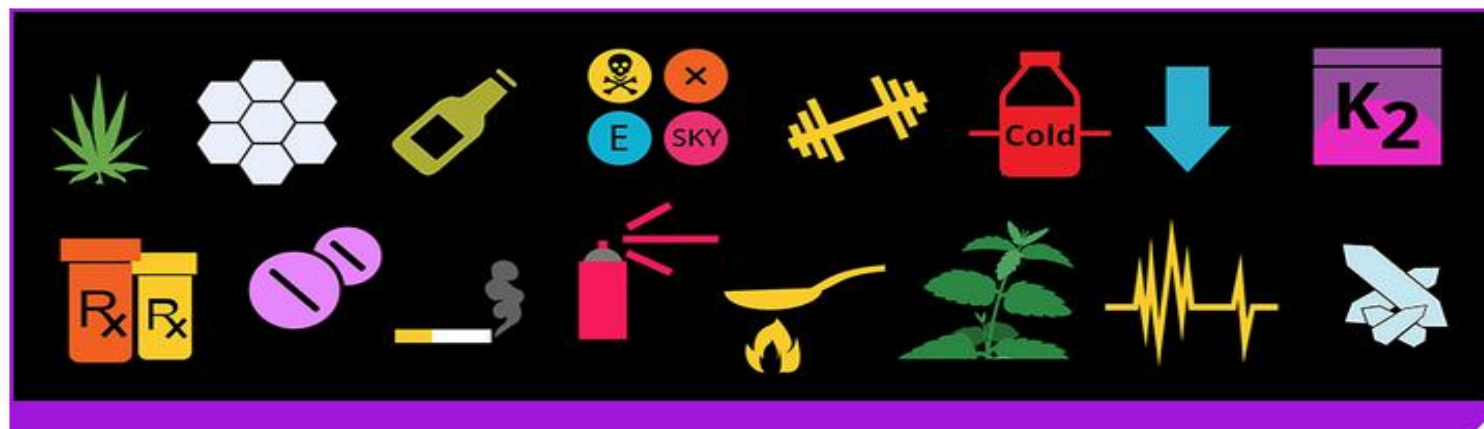
[URL](#) for K-12 Resources Guide

Substance Use Outreach and Programming



Drug Facts

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!



Drugs & Health Blog

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Coffee and Energy Drinks: Test Your Knowledge



How Legal Is Marijuana?



Alcohol and Drug Use in College-Aged Young Adults:



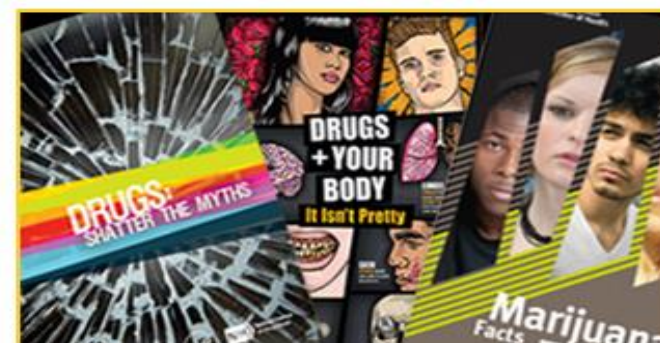
Lesson Plan and Activity Finder

Search for free lessons and activities for use in the classroom, based on national science and education standards.



Drug Facts for Students

Health effects, stats, videos, games, blog posts and more organized by drug type. In teen section.





**National Institute
on Drug Abuse for Parents**

Advancing Addiction Science

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Drugs and Your Kids



**Scientific Facts About
Drugs**



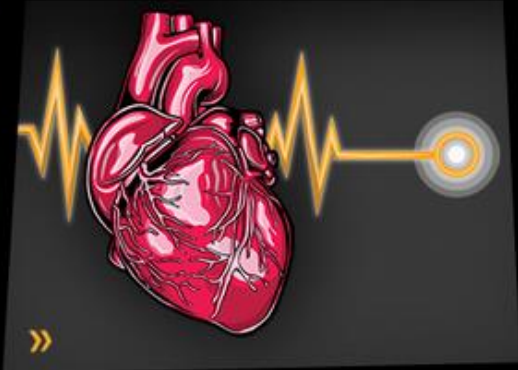
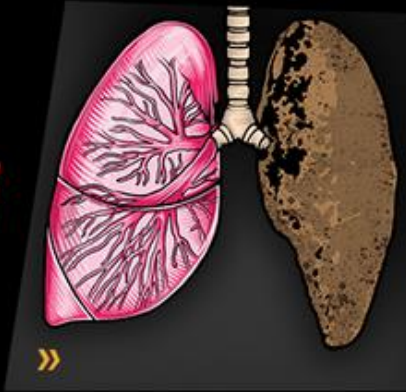
Drug Abuse Treatment

[URL](#) for NIDA for Parents

DRUGS + YOUR BODY

Click below to find out how drugs affect the body — **It Isn't Pretty!**

 **BRAIN** **SKIN** **LUNGS** **MOUTH** **HEART** **DEATH**



FIND OUT MORE



HEADS UP REAL NEWS
ABOUT DRUGS AND YOUR BODY



[URL](#) to Drugs + Your Body Interactive
[URL](#) to Drugs + Your Body Lesson Plan
Description

Drugs + Your Body



Brain

A=Addiction

B=Rewiring

C=Out of Control

D=Fear and Rage

E=Memory Meltdown

DRUGS + YOUR BODY

BRAIN

Drugs can get you hooked. And addiction is a devastating brain disease.

BRAIN SKIN LUNGS MOUTH HEART DEATH

Addiction
Addiction is a brain disease because drugs actually change the brain and how it works. People who are addicted can't stop using drugs even when they really want to and even after it causes terrible consequences to their health and other parts of their lives. Addiction can be treated, but it is common for people to need treatment more than once after relapsing (starting to use again).

Rewiring
Over time, drugs change the brain's wiring and become less pleasurable. Areas of the brain involved in decision making, learning, memory, sleep, emotion, and control over behavior are affected. **Marijuana** use that begins during teen years and continues into adulthood has been linked to poor grades and lower IQs.

Out of Control
Marijuana and **alcohol** can affect a person's coordination and impair sports and

A	B	C	P	Q	R
D	E	F	S	T	U
G	H	I	V	W	X
J	K	L	Y	Z	
M	N	O			

DRUGS + YOUR BODY SKIN

Steroids, methamphetamine, and tobacco can seriously mess with your skin.

STEER CLEAR OF STEROIDS—VIDEO

In addition to acne, facial hair for females, and baldness in males, when abused, the hormones in steroids cause emotional problems and stunted growth.



Video: Courtesy, National Institute on Drug Abuse, National Institutes of Health.

[MORE VIDEOS »](#)

Aging Skin

Chemicals in **cigarettes** cause skin to sag by damaging collagen and elastin, proteins important for smooth, young-looking skin.

Mean & Morpho

Drag the bar across the image to expose the drastic changes methamphetamine can cause to someone's appearance.

Before After

Steroids

In addition to acne, facial hair for females, and baldness in males, when abused, the hormones in steroids cause emotional problems and stunted growth.



DRUGS + YOUR BODY LUNGS

Tobacco products can cause cancer. Smoking **cigarettes** or **marijuana** can cause bronchitis and lung infections.

WHAT DO YOU KNOW ABOUT: HOW DRUGS AFFECT THE LUNGS?

Question 1 of 5

Cigarette smoking is linked to about what percentage of all cases of lung cancer?¹¹

- A) 10%
- B) 30%
- C) 50%
- D) 90%

¹¹ Centers for Disease Control and Prevention, 11/21/13.

Irritants can cause lung inflammation, phlegm buildup, frequent coughing, bronchitis, and other lung infections.



A Dangerous Transformation

Click the image below to watch what happens over time when smoke is introduced into the lungs.



Test Your Knowledge!

Take this quiz to find out how much you know about how drugs affect the lungs.

Serious Statistics



[URL](#) for NIDA for Teens : Drug Facts, [URL](#) for National Drug & Alcohol IQ Challenge, [URL](#) for Jeopardy Game Template



Order Free Materials

Follow the Directions

Prescription painkillers, drugs to treat sleep disorders, anti-anxiety drugs, and stimulants are powerful drugs. It is important to follow a doctor's, health care provider's, or pharmacist's instructions about how much to take and what things to avoid. For example, taking more than the prescribed amount of any prescription drug can lead to an overdose. People who overdose may vomit or even fall into a coma, depending on the drug. In addition, a person may have serious side effects from mixing prescription drugs with other medicines, over-the-counter drugs, or alcohol.

Surprising Facts

- Prescription painkillers can cause nausea and vomiting.
- Mixing anti-anxiety or sleep disorder drugs with other drugs, particularly alcohol, can slow breathing, slow heart rate, and possibly lead to death.
- Abusing stimulants while taking a cold medicine with decongestants can cause dangerous increases in blood pressure and irregular heart rhythms.

The Search Continues

There is much that scientists have yet to discover about the effects of prescription drugs on the brain and body. Maybe you will make the next big discovery! Until then, follow me—Sara Bellum—in the other magazines in my series, as we explore how drugs affect the brain and nervous system.



For more information, visit:
www.teens.drugabuse.gov

Mind Over Matter is produced by the National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services. These materials are in the public domain and may be reproduced without permission. Citation of the source is appreciated. NIH Publication No. 09-7423. Printed 2009.



MIND OVER MATTER The Brain's Response to Prescription Drugs

Hi! My name is Sara Bellum. Welcome to my magazine series that explores the brain's response to drugs. In this issue, we will investigate fascinating facts about prescription drugs.

Prescription drugs are medicines that are prescribed to a person by his or her doctor to treat diseases. Some prescription drugs affect the brain—especially those used to treat pain, or mental disorders such as anxiety or

attention-deficit hyperactivity disorder (ADHD).

Doctors decide how much of a drug to give a person based on that person's age, size, and medical history. By doing so, doctors oversee the safe and proper use of prescription drugs. Abuse is when someone takes a prescription drug without a doctor's prescription or in a way or amount that is different from what was prescribed. Abuse of prescription drugs can have serious and harmful health effects, including poisoning and even death.



National Institute on Drug Abuse

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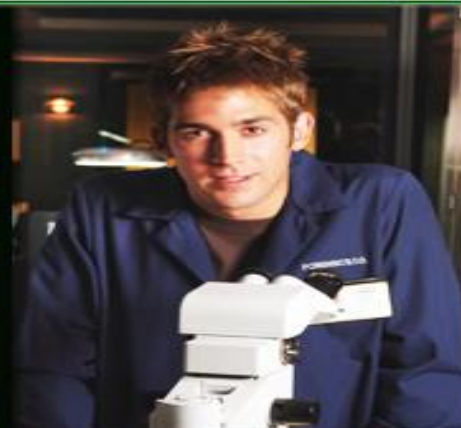
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CASE ONE:
ROOKIE TRAINING

BEGINNER




CASE TWO:
CANINE CAPER

INTERMEDIATE




CASE THREE:
BURNING STAR

ADVANCED



CASE FOUR:
BITTER PILL

ADVANCED



CASE FIVE:
FATAL INTERACTIONS

ADVANCED

92.14.32



VIRTUAL CLINICAL TRIALS

Design and conduct a trial to discover the neuroscience behind the medical advances being tested.

Visit the site and play the game!

LEARN FORENSIC SCIENCE AND APPLY YOUR KNOWLEDGE

Program Activities/Resources

Topic: How Drugs Affect Your Body

What You Need to Do:

Review the web site and decide the order of your program

Print/Order drug facts pages and materials for students to use

Create a List of Discussion

Web sites for Program Implementation :

[URL](#) for NIDA for Teens

[URL](#) for NIDA for Teachers

[URL](#) for NIDA for Parents

[URL](#) to Drugs + Your Body Interactive

[URL](#) to Drugs + Your Body Lesson Plan Description

[URL](#) for NIDA for Teens : Drug Facts

[URL](#) for National Drug & Alcohol IQ Challenge

[URL](#) for Jeopardy Game Template

[URL](#) to Order NIDA Drug Publications

[URL](#) to CSI: Forensic Web Adventures and [Educators Guide](#)



NATIONAL DRUG & ALCOHOL FACTS WEEK
SHATTER THE MYTHS



HELP TEENS
SHATTER THE MYTHS
ABOUT DRUGS & ALCOHOL

JANUARY 23–29, 2017

teens.drugabuse.gov/ndafw



MAKE NATIONAL DRUG & ALCOHOL FACTS WEEK A PART OF YOUR COMMUNITY

WHAT IS NATIONAL DRUG & ALCOHOL FACTS WEEK®?

The National Institute on Drug Abuse (NIDA) has joined forces with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) to shatter the myths about teen substance use!

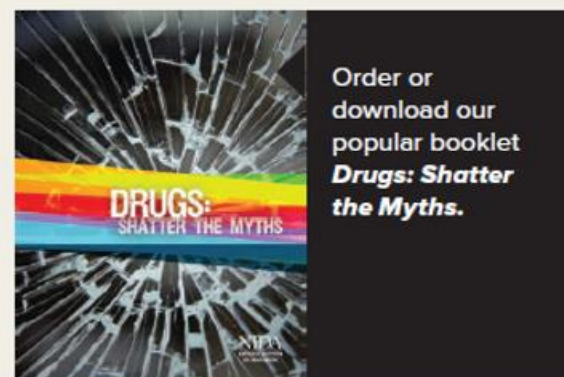
These two scientific centers at the NIH are partners in the week-long annual observance that brings together teens and scientific experts for an honest conversation about substance use. **Join us January 23–29, 2017!**



The online *National Drug and Alcohol IQ Challenge* is a 12-question multiple choice quiz that teens and adults can take to test their knowledge about drugs. Past-year challenges can be found at teens.drugabuse.gov/2016IQChallenge. The 2017 challenge will be posted in late 2016.

HOLD AN EDUCATIONAL EVENT OR ACTIVITY

- Invite a scientific expert to speak to teens.
- Organize contests.
- Coordinate a community 5K or 10K NDAFW walk.
- Invite professional athletes, entertainers, and politicians to events.
- Team up with us on Facebook, Twitter, and LinkedIn.
- Share drug facts through posters, videos, and morning announcements in schools.
- Host interactive assemblies and presentations.
- Get an official proclamation from community leaders.
- Check our online toolkits for more ideas.



Order or download our popular booklet
Drugs: Shatter the Myths.

QUESTIONS?

Email us at drugfacts@nida.nih.gov
teens.drugabuse.gov/ndafw

DRUGS + YOUR BODY

Click below to find out how drugs affect the body — It Isn't Pretty!

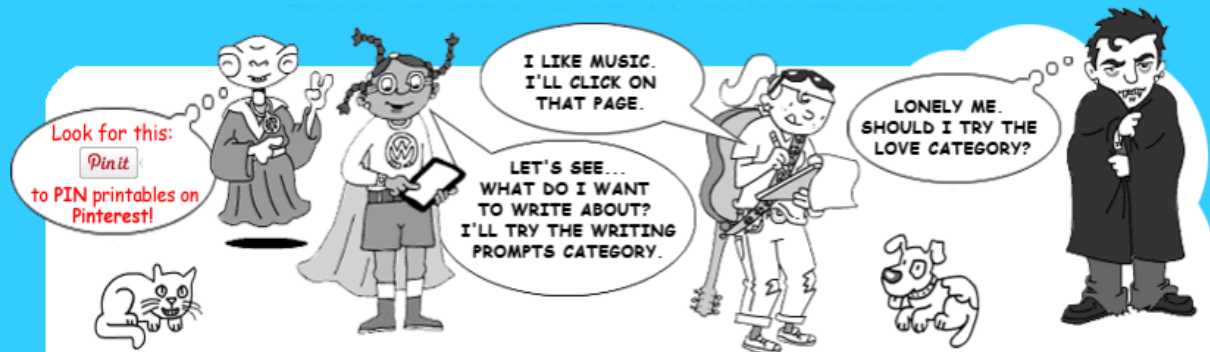


The interactive version of the popular poster *Drugs + Your Body: It Isn't Pretty* highlights the effects drugs have on the teen body. It was created in partnership with Scholastic. Order it for free at scholastic.com/drugs-and-your-body/



Choose Your Path interactive videos encourage students to make decisions about the abuse of prescription drugs using scenarios from their everyday lives. Check it out at teens.drugabuse.gov/videos

[URL](http://teens.drugabuse.gov/ndafw) for National Drug & Alcohol Facts Week



The printables encourage writing and thinking in a quick and fun way. A student's efforts to complete the printable can then become the first step in writing longer essays, poems or stories on the same subject. The printables also can be used with students enrolled in literacy and English-As-Second Language (ESL, ESOL) programs and provide an educational resource for teaching language arts.

CLICK ON A PRINTABLES CATEGORY:

★ IN THE NEWS ★ A Book of Questions

About You

Aliens
Animal Fun
Arts
Autism Spectrum, Emotions
Blank Comix Templates
Blessings & Prayers
Bullying & Peer Pressure
Civil Rights
Comedy/Celebrity
Digital Write-Ables
Connect The Dots
Discovery
Doodle Pages

Dream Seeds
Elections & Political

Emotions

Empathy
Environment & Ecology
ESOL
Escape Artists
Family
Feelings
Food
Future
Friendship
Grief, Loss and Sadness
Health
Heroes
History

Holidays & Celebrations
Imagination/Creativity

Immigration

Joy
Love
Lunch Box Letters
Memory Quilt Panels
Money
Movies
Music
Patriotism
Play Therapy
Poetry
Reading and Literature
School
Science

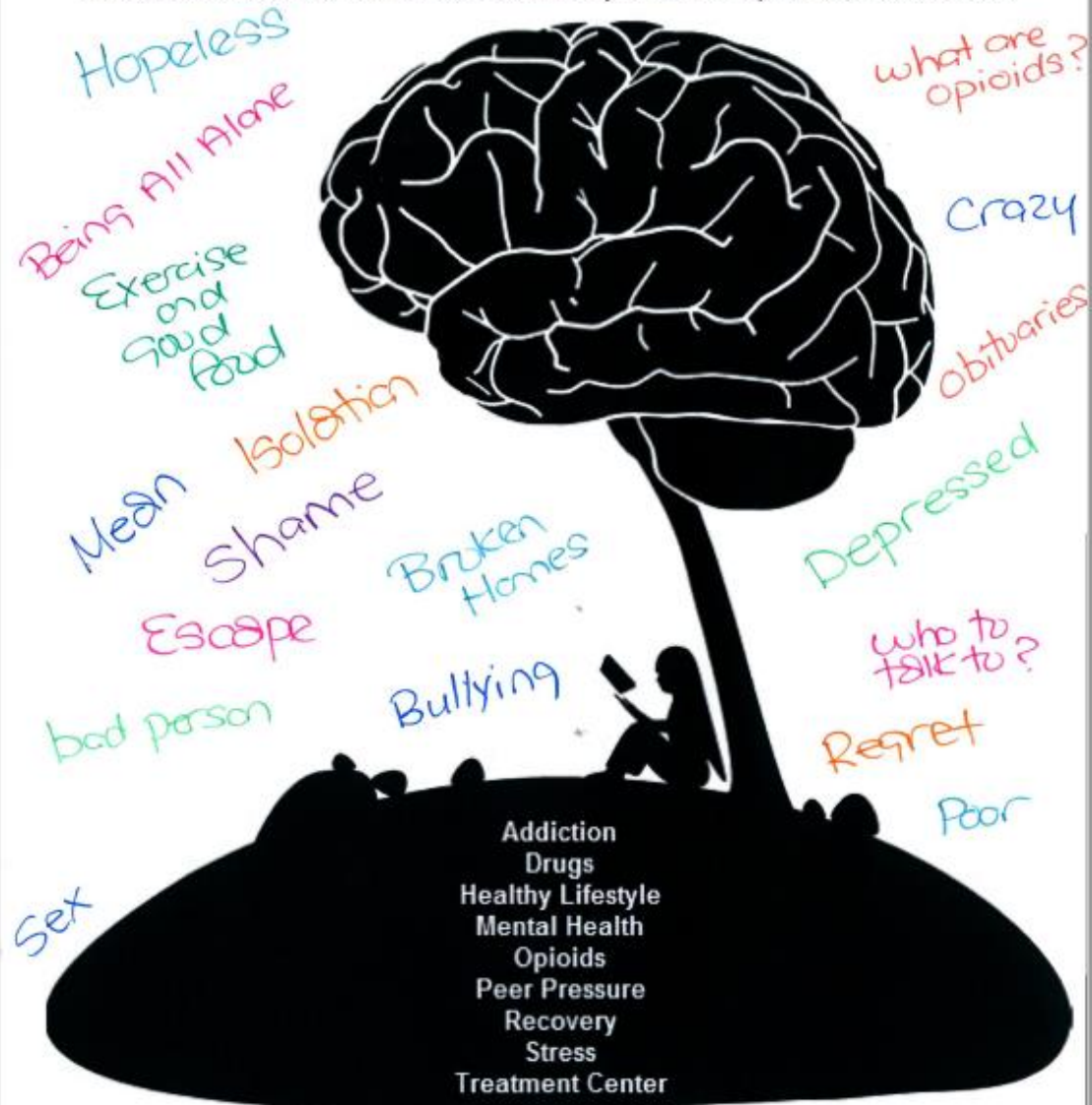
Self Esteem
September 11, 2001 (9/11)
★NEW! Spanish
Language★
Sports
Storytelling
Travel
War & Peace
Weapons & Guns
Wisdom
Wishes & Hopes
Writing
Writing Prompts
Your Life in Comics (Boys)
Your Life in Comics (Girls)



[URL](#) for MakeBeliefsComix and [URL](#) for MakeBeliefsComix Printables



Brainstorm: What first comes to mind when you hear the phrases/words below?





Thank You



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U.S. National Library of Medicine

*National Network of Libraries of Medicine
Middle Atlantic Region*

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